

**Full Report (All Nutrients) 32011, Yellow rice with seasoning, dry packet mix, unprepared**

Report Date: December 04, 2015 17:28 EST

Nutrient values and weights are for edible portion.

**Food Group : Meals, Entrees, and Side Dishes****Nitrogen to Protein Conversion Factor:6.25**

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	1 serving (2 oz) 57g
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**Proximates**

Water	g	10.76	--	--	6.13
Energy	kcal	343	--	--	196
Energy	kJ	1433	--	--	817
Protein	g	7.02	--	--	4.00
Total lipid (fat)	g	1.75	--	--	1.00
Ash	g	5.79	--	--	3.30
Carbohydrate, by difference	g	74.68	--	--	42.57
Fiber, total dietary	g	1.8	--	--	1.0
Sugars, total	g	1.75	--	--	1.00

**Minerals**

Calcium, Ca	mg	35	--	--	20
Iron, Fe	mg	2.53	--	--	1.44
Magnesium, Mg	mg	112	--	--	64
Phosphorus, P	mg	174	--	--	99
Potassium, K	mg	801	--	--	457
Sodium, Na	mg	1316	--	--	750
Zinc, Zn	mg	1.21	--	--	0.69
Copper, Cu	mg	0.272	--	--	0.155
Selenium, Se	µg	10.6	--	--	6.0

**Vitamins**

Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.395	--	--	0.225
Riboflavin	mg	0.128	--	--	0.073

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Niacin	mg	3.509	--	--	2.000
Vitamin B-6	mg	0.580	--	--	0.331
Folate, total	μg	140	--	--	80
Folic acid	μg	112	--	--	64
Folate, food	μg	28	--	--	16
Folate, DFE	μg	219	--	--	125
Choline, total	mg	8.5	--	--	4.8
Vitamin B-12	μg	0.00	--	--	0.00
Vitamin B-12, added	μg	0.00	--	--	0.00
Vitamin A, RAE	μg	9	--	--	5
Retinol	μg	0	--	--	0
Carotene, beta	μg	0	--	--	0
Carotene, alpha	μg	0	--	--	0
Cryptoxanthin, beta	μg	0	--	--	0
Vitamin A, IU	IU	175	--	--	100
Lycopene	μg	0	--	--	0
Lutein + zeaxanthin	μg	1	--	--	1
Vitamin E (alpha-tocopherol)	mg	0.25	--	--	0.14
Vitamin E, added	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	μg	0.0	--	--	0.0
Vitamin D	IU	0	--	--	0
Vitamin K (phylloquinone)	μg	0.6	--	--	0.3
<b>Lipids</b>					
Fatty acids, total saturated	g	0.000	--	--	0.000
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.000	--	--	0.000
13:0	g	0.000	--	--	0.000
14:0	g	0.000	--	--	0.000
15:0	g	0.000	--	--	0.000
16:0	g	0.000	--	--	0.000

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17:0	g	0.000	--	--	0.000
18:0	g	0.000	--	--	0.000
20:0	g	0.000	--	--	0.000
22:0	g	0.000	--	--	0.000
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.430	--	--	0.245
14:1	g	0.000	--	--	0.000
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.002	--	--	0.001
17:1	g	0.000	--	--	0.000
18:1 undifferentiated	g	0.426	--	--	0.243
20:1	g	0.002	--	--	0.001
22:1 undifferentiated	g	0.000	--	--	0.000
24:1 c	g	0.000	--	--	0.000
Fatty acids, total polyunsaturated	g	0.833	--	--	0.475
18:2 undifferentiated	g	0.400	--	--	0.228
18:3 undifferentiated	g	0.427	--	--	0.243
18:4	g	0.000	--	--	0.000
20:2 n-6 c,c	g	0.001	--	--	0.001
20:3 undifferentiated	g	0.000	--	--	0.000
20:4 undifferentiated	g	0.004	--	--	0.002
20:5 n-3 (EPA)	g	0.000	--	--	0.000
22:5 n-3 (DPA)	g	0.002	--	--	0.001
22:6 n-3 (DHA)	g	0.000	--	--	0.000
Fatty acids, total trans	g	0.000	--	--	0.000
Cholesterol	mg	0	--	--	0
<b>Other</b>					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0